



Take Time for Tuesdays

Take time out on Tuesday afternoons to get out of the house. There will be an activity designated each week with a monthly update of the activities. The following list is what you should expect each week of the month.

WEEK #1: **Healthy Living Day**

WEEK #2: **Bingo Day**

WEEK #3: **Lunch**

WEEK #4: **Mystery Day**

To provide a great program, **registration is necessary**. Bring your friends and neighbors and enjoy an afternoon filled with fun.



Location: Woodstock Recreation Center
Multi-Purpose Room
Fee: \$15/month

Day/Time: Tue/1:00 pm

<u>Session</u>	<u>Program #</u>
Jun 5-Jun 26	149011
Jul 10-Jul 31	149012
Aug 7-Aug 28	149013



WOODSTOCK
RECREATION CENTER

820 Lake Avenue • Woodstock, IL 60098 • 815-338-4363

Attention Seniors...the Woodstock Recreation Center offers classes especially for you...PLUS great pricing on Senior Memberships... \$20 per month for a Full Membership. See Page 40 for details.

LITE AND LIVELY-A gentle workout with low impact activities and light weight bearing exercises to build strength, stimulate bone growth and improve balance/posture. Come join us for a series of strength and stretch moves in a casual and fun atmosphere.

Mondays & Thursdays
10:30 - 11:20 a.m.

GENTLE YOGA-A very basic yoga class for any age with modifications allowing you to perform poses sitting, standing or lying down. Yoga will improve overall strength, balance and flexibility along with creating relaxation for the mind and body. **Please bring a sticky mat to class.**

Tuesdays
10:30 - 11:30 a.m.